

**LISTING OF THE CLAIMS**

The following is a complete listing of the claims:

1.-17. (Cancelled)

18. (Currently Amended) A porous pitch-based foam comprising a density ~~range~~ -ranging from about 0.1 g/cm<sup>3</sup> to about 0.8 g/cm<sup>3</sup>, a compressive strength in the range of about 2000 psi to about 6000 psi and a thermal conductivity below about 1.0 W/mK ~~manufacture~~ manufactured by the process comprising:

selecting a mesophase carbon ~~powder~~ particulate derived from a petroleum pitch, wherein the petroleum pitch exhibits ~~exhibiting~~ a softening point of above about 300°C;

placing ~~[[a]]~~ said mesophase carbon particulate in a ceramic mold;

heating said mesophase carbon particulate in said mold under a non-oxidizing atmosphere at a pressure ranging from about 50 psi to about 500 psi to a temperature ranging from about 300°C to about 700°C to form a porous pitch-based foam; and

controllably cooling said ~~green~~ porous pitch-based foam at a cooling rate of about 10°C/minute to a temperature of about 100°C.